

Wednesday, July 14, 2004

Della Reese appearing at Minority Health Fair July 15

Actress and singer Della Reese will kick off the State Department of Health's 19th annual **Black and Minority Health Fair** on July 15 at the Indiana Convention Center.

After being diagnosed with type 2 diabetes several years ago, Reese is now revealing her story with the hope of educating and motivating others with the disease.

As spokesperson for the "Della Reese: Stronger Than Diabetes" campaign, Reese will discuss healthy meal planning,

Actress/singer Della Reese
will appear
at the Minority Health Fair
on July 15 at 4 p.m.,
Exhibit Hall D,
Indiana Convention Center,
Indianapolis

physical fitness, medications, and the importance of addressing insulin resistance.

Hoosiers will be "Cashing in on Better Health," through July 18 as they take advantage of the fair's more than \$1,000 worth of free health screenings.

"In particular, we want to reach those individuals who lack access to health care," said Martha Bonds, Office of Minority Health. "Our goal for the four-day event is to focus attention on the diseases and health conditions that adversely affect minority populations."

Agency input needed for strategic planning process

In an effort to regularly inform staff on the Indiana State Department of Health's strategic planning process, the communications subcommittee team will provide regular updates through this column in *The Express*, on the Intranet, and through e-mail.

In this issue, Assistant Commissioner and Strategic Planning Chair Joe Hunt answers basic questions on strategic planning.

If you have questions, or comments, please e-mail them to Zach Cattell, Legislative Affairs, at zcattell@isdh.state.in.us.

— Mike Hoover, Kathryn Brigham,
Zach Cattell, Julie Fletcher,
and Marc LoCascio

Communications subcommittee team

Q: What is Strategic Planning?

A: Strategic planning is the process an agency uses to identify what the agency should become to best meet the needs of the future, and to decide how to change the agency to meet those needs.

Q: How will it benefit the department?

A: The State Department of Health faces significant challenges of increasing expectations for our services, while at the same time facing reductions in the budgets and staffing necessary to meet



those expectations.

The planning process we are going through will help us choose the most important issues to address, and select the most effective ways to use our resources to meet those needs.

The process will also result in an update to the ISDH's State Health Performance Plan.

Q: Who is on the planning committee?

A: The planning committee is composed of the Executive Staff and other managers and supervisors from the State Department of Health. Committee members include: State Health Commissioner Greg Wilson, M.D.; Joni Albright; Linda Brown; Liz Carroll, J.D.; Zach Cattell; Howard Cundiff; Judy Ganser, M.D.; Wendy Gettelfinger, R.N.; Patrick Hadley; Jim Howell, D.V.M.; Joe Hunt, Barb Levy-Tobey; Renee Miller; Jennifer Pitcher; Kim Rhoades; Jill Russell; Nellie Simpson, R.N.; Barb Stultz; Gloria Webster French, R.N.; and Terry Whitson, J.D.

The planning committee is also creating subcommittees to help carryout the planning process.

Q: How will employees be advised on the progress of the development process?

A: The communications subcommittee has been formed to help keep staff informed about the project and the results. The subcommittee will use the *Express*, e-mail, and other methods to share information with our employees.

Q: When will the plan be completed?

A: The planning committee is working to complete the process by the end of September 2004.

Q: Who do you contact with questions regarding the plan?

A: Staff may contact any of the planning committee members or the communications subcommittee for information.

Q: Will employees be able to have any input for the plan?

A: The planning committee and communications subcommittee are working on a survey of employees for input to the planning process. Employees will also be asked to help update the State Health Performance Plan.

Installation begins on agency's bio-safety labs



Above: Workers attach the mechanical unit to the concrete slabs by welding them.

Portions of the State Department of Health's modular bio-safety containment level 3 (BSL3) unit were delivered last week.

According to Bill White, Administrative Services, the 2,967-square-foot-unit will increase the capacity for bioterrorism response events, as well as provide capacity for chemical response events.

When completed, the unit will contain three areas: the mechanical unit, a unit handling chemical materials, and one handling biological materials.

Preparations on the east-side site began in September 2003, and the unit is expected to be up and running by August 2004.

Helping White coordinate the project are Dave Dotson, Microbiology Labs; and Craig Hinshaw, Chemistry Labs.



Left: a 150-ton crane assists placing the mechanical unit on the concrete slabs.

Right: A view of the unit as it is being put into place and unloaded from the transport truck.



Photos by
Bill White

Right: A safety unit inside of the chemical lab. The entire modular lab contains a receiving area, workroom area for chemical and biological substances, a restroom and shower, two mechanical rooms, a glovebox, an x-ray machine, a decontamination system, and a generator.



The Express
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Two agency employees celebrate retirement



Photo by Dan Axler

Judy Rose, Community Nutrition, enjoys her retirement party last month. Judy joined the State Department of Health in 1990.

At his recent retirement party, **Donald I. Craig, Jr.**, Long Term Care, gave the following address:

It has been a pleasure and a privilege to work at the Indiana State Department of Health for 20 years. As I leave, I am reminded of an admonition from a great man which is still true today.

In 1836, a future president, Abraham Lincoln, was writing about our country and about the possibility of being attacked from abroad. He surmised that we could never be defeated by an attack from overseas because of our location and the advantage of the large oceans on our boarders. But, he said we could fall from within due to our own vices and failings. He mentioned three things to guard against, not only as a nation, but also in our daily lives:

Ignorance. *We must guard against it by educating ourselves and learning all we can. Do not accept the ignorance of others, and help them to learn.*

Apathy. *Learn to care, about others and about ourselves.*

Arrogance. *You don't know everything, so do not try to appear that you do. Take responsibility and work hard to help your fellow man.*

Thanks to everyone at ISDH. You continue to make a great impact on the health of the people of Indiana.

Aerobics

State Department of Health employees are invited to participate in an aerobics class beginning July 19 in Rice Auditorium led by George Britton from Body Dynamics of Indy.

The class will be available from 5 to 6 p.m., on Mondays, Wednesdays, and Fridays. The cost is \$4 per person, per session, or \$37 per month. Checks should be made out to Body Dynamics of Indy.

Participants should dress for aerobic activity, and bring a mat, and pair of three-pound dumbbells.

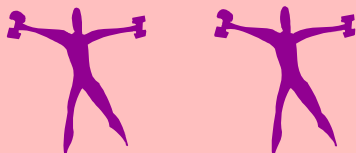


Photo by Dan Axler

Exercising for cardiovascular health

Heart Alive! participants learned how to use dyna bands for strength exercises at a recent educational session in Rice Auditorium. The **Heart Alive!** program is free to agency employees ages 40 and above, and promotes healthy cardiovascular choices. Educational sessions, screenings and results interpretation are part of the program.

Bring Our Youth to Work Day

June 24, 2004 ♦ Photos by Dan Axler



A tour of the Statehouse was part of the activities during “Bring Our Youth to Work Day.” The tour included a brief Indiana history lesson and tours of the House of Representatives, the Senate, and the Indiana Supreme Court.

“Bring Our Youth to Work Day” on June 24 brought 25 youth to the State Department of Health.

Activities included a tour of the Statehouse, presentations on injury prevention and birth and death facts, and two movies. The youth also received handouts on safe food handling, toothbrushes, bandage kits, breakfast bars, a visor, popcorn, and T-shirts.

“The youth really enjoyed the tour of the Statehouse, and they were able to learn many new things about our state government,” said Keisha Banks, Office of Women’s Health.

Prizes donated by the Governor’s Council for Physical Fitness and Sports were also raffled off to the youth.

“This was a great day for the youth because they were able to learn about their parent’s/ sponsor’s job, meet new friends, and participate in fun activities,” said Banks.



Left: Tashay Davon Bell, granddaughter of Helen Bell-Davis, Maternal and Child Health, tries on a judge’s robe while touring the Indiana Supreme Court at the State House. Above: The youth visit the Indiana House of Representatives.